

# Growing Healthy Families

WHITE RIVER JCT. DISTRICT OFFICE, • Vermont Department of Health, WIC Program  
118 Prospect Street, Suite 300, White River Junction, VT 05001 • 1-802-295-8820 or 1-888-253-8799

## WIC Card Learning Session

**Wednesday, December 16**  
**9:00 a.m.–Noon**  
**Vermont Department**  
**of Health**  
**118 Prospect Street, Suite 300**  
**White River Junction, VT**

Do you still have questions about the upcoming changes to WIC? Starting January 1st, White River Junction District Office WIC participants will be shopping for their WIC foods at the grocery store. Drop in anytime during the times listed for our final learning session. Learn how to use the WIC card, and how to keep your benefits active. Sessions last around 20 minutes. Receive a Program and Food Guide and shopping list to help make shopping at the store easier!

## Grocery store shopping support

**Thursday, January 7**  
**10:00 a.m.–1:00 p.m.**  
**Price Chopper**  
**285 North Plainfield Road**  
**West Lebanon, NH**

**Friday, January 8**  
**10:00 a.m.–1:00 p.m.**  
**Shaw's Supermarkets**  
**127 Highway 12 South**  
**Randolph, VT**

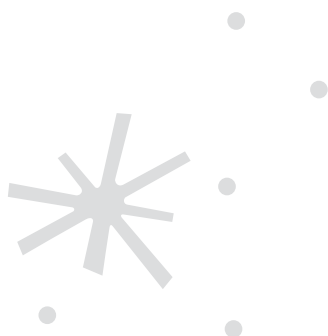
WIC staff will be on hand at the store to provide support to families as they do their shopping. Look for us by the customer service desk. Stop by with any questions. A staff member will be available on a first-come, first-serve basis to help you with your shopping.

All activities are FREE  
of charge!

## Breastfeeding: Making it simple

**Wednesday, February 17**  
**Noon–1:00 p.m.**  
**Vermont Department of Health**  
**118 Prospect Street, Suite 300**  
**White River Junction, VT**

This group offers support to pregnant moms considering breastfeeding as well as continuing support to breastfeeding mothers like you. WIC staff will share information on infant feeding cues and sleep patterns. Learn from other moms' experiences as you help each other brainstorm solutions to any difficulties you may have heard of or are experiencing. Getting support can help you meet your personal breastfeeding goals. Fathers and grandparents are welcome, too!



# FIT WIC FUN AND GAMES PAGE

## Fun in the snow!

Try these fun winter activities to play in the snow.

### Catch Me

This is best in freshly fallen snow.

**Procedure:** Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk.

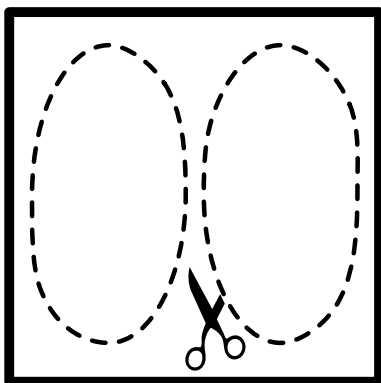
Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

### Snowshoe Walk

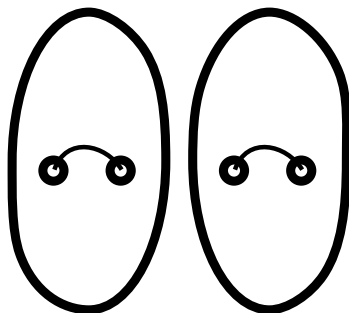
This is best in packed snow.

**Procedure:** Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard



or use shoe boxes